

DOSIS AANWYSINGS:

Volwassenes (16+): 3 – 4 tablete saam met maaltye of direk daama.

Maksimum Dosis: 6 Tablete met maaltye, 18 tablete per dag.

Om met Gewigsoervesies te help:

- Neem saam met **Ultima Adaptogens** vir ekstra energie.
- Voeg elke dag ten minste 1 uur van lae inspanning oefening by (soos stap of swem).
- Drink elke dag ten minste 6 glasse water.
- Verminder die vet en olie innname van die kos wat jy eet.

SAMESTELLING INLIGTING:

(Tipiese waardes per 6 Tablete). Vitamien B1 (Thiamien) – 3 mg, Vitamien B2 (Riboflavin) – 3.6 mg, Vitamien B3 (Niasien) – 24.90 mg, Vitamien B5 (Kalsium Pantothenaat) – 20 mg, Vitamien B6 (Pindoksién) – 10 mg, Vitamien B12 (Cyanocobalamin) – 24.9 µg, Vitamien E – 15 mg a-TE, Sink 30 mg. **Mengsel (1 697 mg)** wat bestaan uit: Taurine, Chitosan, Kafeïen, Guarana Ekstrak, Garcinia Cambogia 60% Ekstrak, Rooipeper (Kapsicum), Betaïne Hidrochloried, Lsitien, Inositol, Kolién, Chroom.

Onaktiewe Bestanddele: Sorbinol en Magnesiumstearaat.

VRYWARING: Hierdie medisyne is nie deur die Medisynebeheeraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnosteer, te behandel, genees of enige siekte te voorkom nie.

Staak gebruik en raadpleeg 'n dokter indien enige nadelige reaksies plaasvind. Bére op of onder 25 °C. Sien voubiljet en pasiëntinligtingsblaadjie binnekant box. **HOU BIJTE BEREIK VAN KINDERS.**

Contains 180 Tablets – Bevat 180 Tablette



DOSAGE INSTRUCTIONS:

Adults (16+): 3 – 4 tablets with or immediately after each meal.

Maximum Dosage: 6 tablets per meal, 18 tablets per day.

To assist with Weight Loss:

- Take with **Ultima Adaptogens** for added energy.
- Each day add at least 1 hour of low-exertion exercise (such as walking or swimming).
- Drink at least 6 glasses of water every day.
- Minimize the fat & oil content of the foods you eat.

COMPOSITION:

(Typical Values per 6 Tablets). Vitamin B1 (Thiamine) – 3 mg, Vitamin B2 (Riboflavin) – 3.6 mg, Vitamin B3 (Niacin) – 24.90 mg, Vitamin B5 (Calcium D-Pantothenate) – 20 mg, Vitamin B6 (Pyridoxine) – 10 mg, Vitamin B12 (Cyanocobalamin) – 24.9 µg, Vitamin E (Tocopherol) – 15 mg a-TE, Zinc 30 mg. **Proprietary Blend (1 697 mg)** consists of: Taurine, Chitosan, Caffeine, Guarana Extract, Garcinia Cambogia 60% Extract, Cayenne Pepper (Capsicum), Betaïne HCl, Lecithin, Inositol, Choline, Chromium. **Inactive Ingredients:** Sorbinol and Magnesium Stearate.

DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Discontinue use and consult a doctor if any adverse reactions occur. Store at or below 25 °C. See package insert and patient information leaflet inside box. **KEEP OUT OF REACH OF CHILDREN.**

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